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MACARONI PRODUCTS ARRANGED BY EXPERTS IN SERIES OF MENUS.

Here Mrs. Housewife is the answer to the high cost of living problem—macaroni products.

Food experts say that macaroni, spaghetti and kindred articles, known in the commercial world as macaroni products, are excellent substitutes for meat. The Durum wheat, of which they are made, is rich in gluten and contains all the elements required to build the body and keep it in repair, they explain.

The food experts say they have found that a dime package of these products contains twice as much nutrition as a sirloin of beef the butcher now-a-days sells for 40 cents. So by using these, Mrs. Housewife, you can attack old H. C. of L., where he is most strongly entrenched—in the butcher's bill. You can get six times the value for the money.

Macaroni products may be used alone or with meats, fish, cheese, tomatoes, milk, eggs or butter. In recent years they have come into great favor in American homes. It has been found that they not only make a healthier and more upbuilding diet, but may be made into the most mouthsome of menus.

Because of the economy in the substitution of macaroni products for meats, many ways of using them have been found. Chefs and cooking experts say that macaroni products may be made the principal dish for any meal, and that when the cost is figured as compared with meat, a saving of at least three-fourths will be shown.

Mrs. Harriet MacMurphy, widely known expert on foods and cooking, and former state food inspector for Nebraska, has arranged a series of menus containing one or more of these dishes, each prepared in a different way. There is one a day for a week, the various meals being included.

The menus are:

Monday (Dinner),
Egg Noodle Soup
Spaghetti au gratin

Baked Potatoes
Orange Celery Salad
Banana Pudding, Hard Sauce
Crackers Coffee Celery
Spaghetti au gratin Broth half a package of Spaghetti in two pieces and cook in two quarts of rapidly boiling salted water for twelve minutes. Drain and blanch in cold water. Put a layer of the spaghetti in the bottom of a buttered casserole, top over with bits of butter and a sprig of finely chopped or grated cheese, dust over with paprika and bacon; repeat the layers, making the last one cheese and dry crumbs. Use two tablespoons of butter and three quarters of a cup of cheese, plus over two-thirds of a cup of milk and bacon until the cheese and the crumbs are well browned.

Egg Noodle Soup Put soup bone and any cooked or uncooked bits of meat in water to cover, boil, bring slowly to a boil, skim and simmer for an hour. Add two small carrots, four onions, two turnips, two cloves, a small bay leaf, a tablespoon of salt and a sprig each of parsley, marjoram and thyme. Cut up the vegetables and add with boiling water to make three pints. Simmer until all the vegetables are tender then strain through colander and return to kettle to reheat. Cook half a package of Egg Noodles in boiling salted water, twelve minutes, drain, blanch in cold water, beat again in soap suds and pour the soup over and serve at once. If desired the vegetables can be left in the soup, thus making a more nutritious dish. When strained the broth is a stimulant. The Noodles furnishing the more nourishing part.

Tuesday (Luncheon),
Grape-Fruit Cocktail
Macaroni Croquettes
Stuffed Tomatoes
Vegetable Salad, Macaroni Sticks
Vermicelli Sweet Custard

Macaroni Croquettes Break into inch-lengths or use of cut macaroni half a package; drop into boiling salted water and boil fifteen minutes uncovered shaking the pan that the

macaroni may not stick, but absorb most of the water. Cover a rat of tomatoes down until thick with two slices of onion, a small bay leaf, pepper and salt; strain through a coarse sieve, pour over the macaroni; add a quarter pound of grated or finely-chopped cheese mix and make into a roll. Beat up an egg with a tablespoonful of water, roll the bacon in the egg, and again in the crumbs, and fry in deep fat, drain on soft paper if made some time before serving lay on a paper in a shallow pan, run into the oven and reheat.

Vermicelli Sweet Custard To have a package of cook vermicelli or spaghetti and two cups of hot milk, a cup of sugar, two eggs well-beaten and half a teaspoon cinnamon or some graded extract of vanilla from the root of a fresh orange. Turn into a buttered pudding dish set in a pan of hot water in the oven and bake until the custard is set.

Constipation and Indigestion. The strated宗旨 may be omitted, all remains is used in the crusts. Macaroni Souffle are four-inch lengths of boiled macaroni rolled in hot butter and baked until slightly browned in oven or under the gas.

Wednesday (Breakfast),
Orange
Spaghetti, Bananas and Fried Apples
Bread

Waffles with Maple Syrup Coffee
Spaghetti, Sausage and Fried Apples Spread half a package of cooked spaghetti in a buttered baking dish, pour over half a cup of milk or half and dot the top with bits of butter and bake in the oven until milk and butter are absorbed. Fry bacon and lay in the center. Put thick slices of bacon in the sausages and lay around the sausages. Serve hot.

This is a very hearty meal and will be much relished by those working in the open air.

Thursday (Dinner),
Orange Celery Soup, Bread-Sticks
Macaroni à la Bologna
Creamed Watercress, Baked Potatoes
Ice Cream

Macaroni à la Bologna Put two pounds of round beef near lower part of neck well-lathed with salt pork, two chopped onions and one cup of water in a covered kettle on base of stove or over simmered fire to cook slowly until it throws out its juices and is a rich brown; add a quart of tomatoes seasoned with pepper and salt and allow the mixture to simmer for about two hours. Put a package of macaroni into boiling salted water, boil rapidly for twenty minutes, drain and blanch. Put a layer of the macaroni in a buttered baking dish, then a layer of the meat of the meat. Alternate these layers, making the last one buttered crumbs. Bake half an hour, then serve with slices of the meat. If any of the meat and macaroni left, when the meat is spread over the macaroni, add a layer of buttered crumbs, a little boiling salted and buttered water and bake until well heated through and browned on top.

For the ice cream may be substituted an apple napkin.

Friday (Luncheon),
Spaghetti with Shredded Codfish
Corn Meal Muffins
Waldorf or Lima Bean Salad
Coffee or Instant Postum

Crackers Cheese
Spaghetti with Shredded Codfish Break half a package of spaghetti into boiling water and boil rapidly for twenty minutes, drain and blanch in cold water. Put in a padding dish in layers, sprinkling through it half a box of shredded codfish. Beat two eggs very light, add a cup and a half of milk, pour over the spaghetti, dot the top with bits of butter and bake half an hour. Serve with tomato catsup or home-made chili sauce. Other than may be substituted for the codfish.

Saturday (Chafing Dish Supper),
Macaroni Rabbit with Oysters
Stuffed Olives Tiny Pickled Onions
Brown Bread and Butter Sandwiches
Coffee or Tea

Macaroni Rabbit with Oysters Put two cups of cooked macaroni elbow, or fine pieces, and two-thirds of a cup of rice milk in the bath pan of chafing dish and heat slowly until macaroni泡软 in the milk. Turn a round saucer of butter in blazer and melt very hot turn in one dozen small oysters and heat until ruffled. Fork lightly into the heated macaroni with a tablespoon of minced peppers or pimento salt and pepper and serve at once with tomato catsup or sauce.

Sunday (Dinner),
Spaghetti, Spanish Creole Style
Stuffed Potatoes Creamed Asparagus
Elbow Macaroni Salad

Fruit Pudding or Mince Pie

Coffee

Spaghetti, Spanish Creole Style

Boil half a package of spaghetti in salted water, keeping it boiling rapid-

ly twelve minutes. Drain and blanch. Heat two tablespoons of butter in a saucepan and a tablespoon each of chopped green pepper and onion and cook five minutes but do not brown. Add a tablespoon of flour and a cup of chicken stock or gravy of any kind, and a cup of sliced and strained tomatoes. Season with a tablespoon of lemon juice, a tablespoon of horseradish, salt and pepper. Reheat the spaghetti and spread in a hot platter, cut very thin slices of cold ham and heat in the sauce; pour over the hot spaghetti. A slice of ham chopped with onion is an addition.

Elbow Macaroni Salad. Make a French dressing of three tablespoons of olive oil or melted butter and one-half lemon juice or vinegar. Pour if over sufficient cooked elbow macaroni to serve for six and let the macaroni stand for an hour or two. Cut fine enough onions to make a cap and a half, mix it with a French salad dressing, put a third level of elbow macaroni on the salad plates, then in the center a little mound of the salad and over the whole a springing of chives and a spoonful of the salad dressing on top.

Constipation and Indigestion. "I know used Chamberlain's. Take bats and mint any time you the best I have ever used for constipation and indigestion. My wife also used them for indigestion and they did her good," writes Eugene E. Knapp, Wilmington, N. C. Chamberlain's tablets are round and gentle in their action. They are tried their effects. You are certain to be pleased with the agreeable effect when they go away. Obtainable everywhere.

VERDUN BRINGS FORTH NEW TYPE OF WARRIOR

CONTINUED FROM PAGE ONE
He must take full charge of being sighted and fit about ground Drum Fire Zone.

The 20th Battalion, which comes in the zone that is beaten by drum fire, where 8-inch, 6-inch and 12-inch shells are bursting with formidable explosions, sending showers of sharp

shrapnel through the bodies of these heroic soldiers.

Courtyard of Verdun. The results of Verdun battles are terrible. Through this ordeal, the combatants see horrible scenes of death everywhere. The speckles of death command. Officers, a company of 1400 infantry and a machine gun section of the 20th—now held the fort of Verdun since May against overwhelming numbers of millions. They were all wounded except from a considerable number of men who treated themselves for the dangerous mission. One of them was a boy of 17, a son of a peasant whose parents were within range of the smaller German guns and the big rifles.

During the whole duration of a mile or two miles according to the post office, no voice rose at the highest tension, with his mind on the end of the combat or the safety of his men. He was a boy of 17, a son of a peasant whose parents were within range of the smaller German guns and the big rifles.

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Some of them never come back to tell, rentined to fragments of a shell that

Dressed Up In Washington

had burst in his path, had dragged himself back though unable to rise to his feet, saluted his colonel and said: "Colonel, I am done for, but I have got enough left in me to give account of my mission." He made his report and that was the end of his service for his country.

Risks Are Great

The risks are so great for these men that they are generally sent in complete uniform in the belief that they may not through. Two of these men from the commanding area of Verdun, General Sir Henry Wilson, have died. Of these, one was killed in a shell explosion. The other was hit in the head by a bullet. His body was found to be still in the chair. His colonel stopped and searched the body for the message, but found nothing, the shirt had carried away the paper and the paper that was in it. He made his way back to the post, second, which announced that he had received his orders, and paid a second visit to the hospital to see his son, who was a major in the army.

One of those experts present himself at the commanding post in a helmet, passing round with mud and blood stains. He did much through the legs of a drum fire that貫通 the ground just by his position. He went out on the trench, exposing his body to the intense fire to cover him through the smoke.

"Colonel, this is the reply I have to you. I only know that the enemy was marked urgent."

A Hacking Cough Weakens The System. This soldier with a hacking cough that had plagued him since his arrival in France, and of Dr. George Newell, an Englishman, an expert in diseases of the lungs, who has been here since the beginning of the war. He has been here for a year, and has been able to cure many cases of this disease.

STRIKE A 600.00 FOOT GAP. DAVIDSON

Yester evening, Capt. David C. Davidson, and a half foot gap in the road between the two sides of the valley, between three miles south of Vicksburg, and all along the road the British advanced, and captured another, the 20th, and the 21st, and the 22nd, and the 23rd, and the 24th, and the 25th, and the 26th, and the 27th, and the 28th, and the 29th, and the 30th, and the 31st, and the 32nd, and the 33rd, and the 34th, and the 35th, and the 36th, and the 37th, and the 38th, and the 39th, and the 40th, and the 41st, and the 42nd, and the 43rd, and the 44th, and the 45th, and the 46th, and the 47th, and the 48th, and the 49th, and the 50th, and the 51st, and the 52nd, and the 53rd, and the 54th, and the 55th, and the 56th, and the 57th, and the 58th, and the 59th, and the 60th, and the 61st, and the 62nd, and the 63rd, and the 64th, and the 65th, and the 66th, and the 67th, and the 68th, and the 69th, and the 70th, and the 71st, and the 72nd, and the 73rd, and the 74th, and the 75th, and the 76th, and the 77th, and 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